

KARATE DENMARK-STYLE



Jesse Drury/Appeal-Democrat

on Odlesby, 11, a Nikyu belt holder from Live Oak, trains under the teaching of visiting master Marcus Goodarzi at the Miladi Academy in Yuba City Wednesday. Goodarzi is a four-time national champion in Denmark.

National champ in YC

by Todd R. Hansen
Appeal-Democrat

Marcus Goodarzi sees a higher level of respect for the martial arts in America than he sees in his home country of Denmark.

But competition with other sports tends to draw athletes away from the karate and has left the United States far behind Europe in international competitions for more than 30 years.

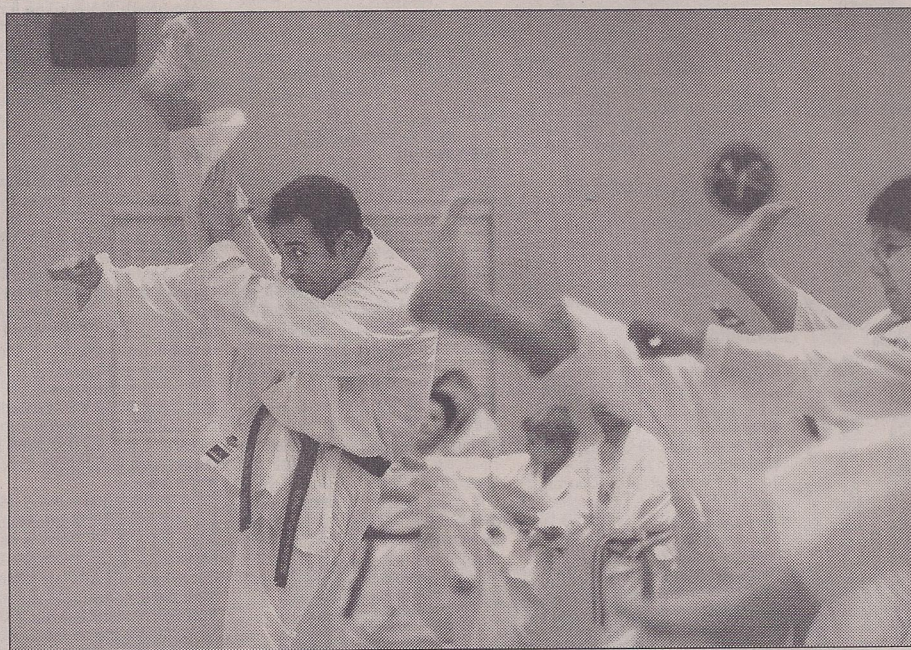
"The mentality toward training is a little different than it is back in Denmark," said Goodarzi, the four-time national heavyweight and open class karate champion in Denmark and a member of the four-time, four-member team champions as well.

Goodarzi won his most recent titles in October.

"I think the U.S. people are much more into martial arts and respect martial arts more," Goodarzi said.

But the love affair of the sport quits

Turn to **KARATE/ B4**



Jesse Drury/Appeal-Democrat

Marcus Goodarzi, a four-time national heavyweight and open class karate champion in Denmark, teaches a karate class at the Miladi Academy in Yuba City Wednesday. Goodarzi, 37, is visiting the Miladi Academy as part of a trip to visit his former sensei Alex Miladi.

No lo in Pe hoop

Host India
play rival
for third p

By Justin Miller
Appeal-Democrat

The Lindhurst basketball team would have won its second heroics Friday.

An athletic Rio Linda team took advantage of the inexperienced Blazers, scoring 21 turnovers and dominating the offensive glass for the win at the 12th Modesto Cola Classic Tournament.

The Blazers' Arroyo was connected on a last-second, dazzling 67-66 victory.

The Knights won the championship game against Christian Brothers. Lindhurst faces Marysville today at 5 p.m.

The Indians lost the round game to Christian Brothers. No details were available.

Lindhurst started the game and use a sophomore bench. Just one player stands over 6-feet tall.

Rio Linda outrebounded Lindhurst 35-13 with 14 points off putbacks.

The Blazers were not enough to keep Rio Linda, but poor shooting and ball handling takes couldn't be overcome.

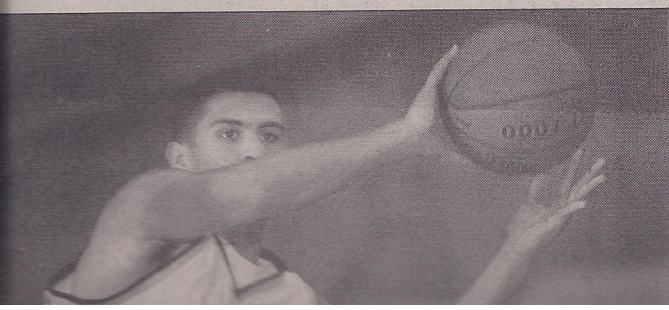
"We are very young," said Bob Jensen, Lindhurst coach. "We are one of the things we get better at," Lindhurst coach Bob Jensen said.

high amount of talent just don't value the game.

Rio Linda's Doc all scorers with three steals. Roraback had high scoring 13 points down eight rebounds.

Ene had seven steals. Lipkins bombed team-high 19 points five from way beyond the point line. Tim 12.

Newark to defend its Gridley title against Sacramento



Bulldogs play
Menlo-Atherton
for seventh place

Appeal-Democrat

Gridley High's Efren Del Rio

► PREP ROUNDUP

12; Arnold Airinbede, 11; Alex Martin 11; and Patrick MacKinnon chipped in 10.

Gridley will play Menlo-Atherton for seventh place at 2 p.m. Modesto Christian faces Oak Ridge in the consolation championship at 3:30.

loway, Darius Loggins

Neward 69, 51

The Cougars won the 2003 tournament, beating the Chieftains 28-point showing in Spain.

Newark also has players from Corey Trae Clark, 11, and

he wanted to make a brief appearance Thursday even though he was set to have routine knee surgery on Friday.

NBC turns over Olympic tapes

NEW YORK – NBC has turned over tapes of the opening ceremony of the Athens Olympics to the Federal Communications Commission after an indecency complaint, an industry source told The Associated Press on condition of anonymity.

An FCC spokesman declined comment Friday when contacted by the AP. It is not clear what part of the ceremony drew a complaint or who complained – or even if there was more than one.

The FCC automatically reviews a broadcast when it receives complaints.

The move by NBC, first reported by Mediaweek magazine, is the latest in a string of sports-related events that have drawn the FCC's attention, from Janet Jackson's "wardrobe malfunction" at the Super Bowl to last month's steamy opening to "Monday Night Football."

Appeal-Democrat news services

KARATE: U.S. could dominate international scene if elite athletes kept up with sport

From B1

earlier and that shows up in higher levels of competition.

Europe's edge could be dwindling, however, as the U.S. recently finished third in the world championships held in Monterrey, Mexico. It was the highest finish ever for an American team, which finished out of the top 10 one year earlier.

Alex Miladi, who owns a karate academy in Yuba City, attended the championships as a referee. Goodarzi was there as a coach and trainer for Denmark's national team.

Miladi also is Goodarzi's former sensei, or teacher.

"We were at the world championships together, so I asked if he would come here," Miladi said.

So Goodarzi, 37, has been holding seminars at the Miladi Academy in Yuba City over the last couple of weeks. He returns home this weekend.

"I've been doing karate since 1979," Goodarzi said. "After I moved to Denmark, I worked with Alex and a couple of the Danish masters. Now I'm fourth dan (degree)."

Born and raised in Iran, Goodarzi moved to Denmark

in 1998.

He is a physical therapist by trade and is continuing his studies in sports medicine. He and his wife, Rikki, have a son, Lucas. They live in Copenhagen.

Miladi lived in Denmark for 10 years, teaching karate as well as running a security company.

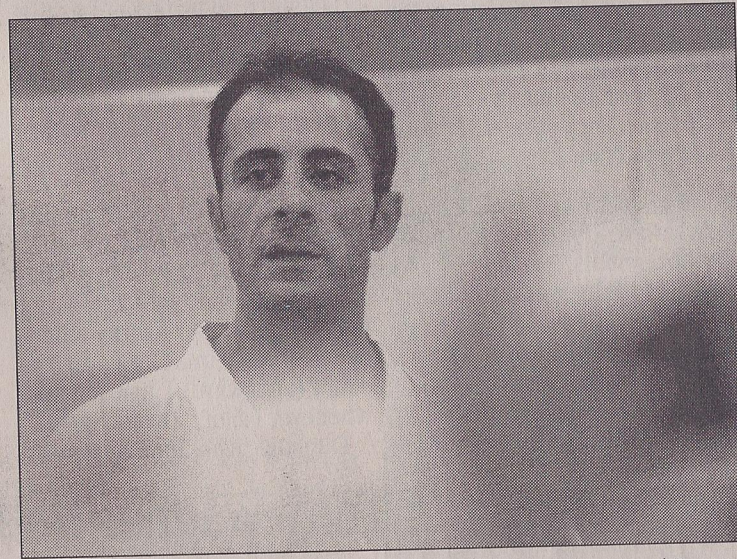
Miladi said he would love to have Goodarzi move to the Yuba-Sutter area and be part of his growing martial arts academy. More than 200 students attend the school, and he expects a boost at the start of the new year.

The academy also offers dance and Miladi intends to open his own gym in the near future.

The notion of working with his former teacher interests Goodarzi, but like Miladi, he also envisions having his own academy and a physical therapy and fitness center in Denmark.

Part of that is because the cold view of the martial arts in Denmark is finally starting to thaw.

"I would say 20, 25 years ago, people associated with karate were associated with gangs and crime," said Goodarzi, explaining how the no-gun laws left the



Jesse Drury/Appeal-Democrat

Marcus Goodarzi watches over the students at the Miladi Academy in Yuba City Wednesday.

street rivals to battle with their hands and feet.

In many cases, he added, the brawling had little resemblance to karate, but because there was punching and kicking, the sport was tagged with the violent reputation.

He said it's not unlike how Hollywood depicts martial arts as a bloody, deadly force.

Both Goodarzi and Miladi said that view is particularly misleading the sporting arena.

In fact, Miladi said many of the parents of his students are seeking the discipline the sport demands of their children. The results are improved physical fitness and improved grades in schools.

"In karate, you are constantly trying to improve the balance between body and mind," Goodarzi said.

Goodarzi said there are differences in how karate is coached around the world, a

product of each country's unique cultures and coaching philosophies.

"But a sidekick is a sidekick. There may be some differences, but they all come under the same rules and regulations," Goodarzi said.

Miladi said that structure could mean the U.S. will ultimately dominate the sport. Because of the U.S. population, Americans can simply produce more elite athletes than most countries.

Miladi said 90 percent of his students are 12 or younger. About 30 percent are female.

If a few more of those athletes choose to continue to train and compete in karate rather than play baseball or basketball, then America will become a force in the international scene.

Goodarzi said if his time with the Miladi students is any indication, the sport is catching on.

"I definitely think so," Goodarzi said.

Appeal-Democrat reporter Todd R. Hansen can be reached at 749-4715. You may e-mail him at thansen@appeal-democrat.com.